

x p. 38 46. High Church
Officium Eucharisticum.
90. 69.
A

PREPARATORY SERVICE,
TO A DEVOUT and WORTHY
RECEPTION
OF THE
LORDS SUPPER.

Designed for a person of Quality; and now made Publick for Common Use. *x v. p. 3, 59, 75.*

St. Luke xxiv. 36:

He was known to them in Breaking of Bread.

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over against St. Dunstons Church
street, 1673. x





Good Reader,

THis little *Manual* of Directions and Prayers for the *Holy Communion*, First designed for a *Private* use, now shews it self in *Publique*, on presumption it may help thee in thy *Gloset-retirements* towards a Pious preparation thereto, and a worthy Reception thereof.

I omit to *Preface* it; because I cannot call it *Mine*: 'Tis a *Collection*, and recommends it self unto thee cloathed in the Language not of any *Private Conception*; (of such the world is already full;) But of *Primitive Liturgies*; of that of our Holy Church, and some of the most *Devout Fathers* of it, Bishop *Andrew*, Bishop *Cosins*, and that *Great and* *Man* Arch-Bishop *LAUD*; who was a *Patron*, and dyed a *Martyr* of *the* *True* *Religion*.
The Authour, (who e're he

To the Reader.

curious, or Sollicitous to think, How it may go down with a sort of People, whose *unweildy* zeal hath transported them under a pretence of Spuing out *Popery*, to disrellish and traduce any thing that is *Primitive*: But, the Sober and Devout Christian, who lives in the *Communion* of *This Church*, He is secure of. And that it may further thee in the Attainment of our *Common Salvation*, is his sincere and hearty desire; in return to which, he begs thee nothing, but to *Recommend him* now and then in these thy *Private Addresses* to the Throne of Grace.



A
Preparatory Office
For the H.
COMMUNION:

THe nearest and most solemn Intimacy and *Communion* we have with God in this World, is exhibited to us in the Blessed *Eucharist*; that is to say, the *Sacrament of the Lord's Supper*, wherein (according to our Church-Catechism) the *Body and Bloud of Christ*, are verily, and indeed taken, and received by the Faithful; and hence it is called by St. Paul, 1 Cor. 10. 16. The *Communion* of his *Body*, and the *Communion* of his *Bloud*; so that by a due and worthy Participation hereof, we are really incorporated into Christ; we dwell in Christ; Christ in us; we are made One with Christ, and Christ with us: In regard of which

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liable Priviledge, as well as the great danger which attends the contrary, now especially we are to heed our selves in our Addresses to it, being careful to perform all *Devotional Acts* of *Worship* and *Piety*, which may conduce to a good acceptable Celebration of so Divine a Mystery: *St. Paul* hath comprehended them all under this One Word and Duty of *Examination*, *1 Cor. 11. 28.* which includes more than we can readily conceive: I shall not enlarge upon those Graces of *Faith*, *Repentance*, and *Charity*, about which it should be chiefly conversant; but, do immediately proceed to those *Preparatory Acts of Devotion*, which should be exercised in order to a due Reception of this Blessed Sacrament.

I begin then, as you should in this, and all other Duties of Religion, *In the Name of God*; and Exhort, that having received Notice from *God's Priest* of a *Communion* to be Celebrated the next Sunday, you forthwith set your self to this great Work, of fitting your self for a right participation thereof. Whatever you do, let it ever and anon be uppermost in your thoughts that *whole Week*, reflecting on your present Estate, and specially on that Time, when God hath lent you from your last Reception what Graces you have Improved? What Graces omitted? What Sins committed?

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ted ? And out of a hearty Resentment of them, breath forth these, or the like pious Ejaculations :

I have sinned ; What shall I do unto Thee, O Thou *Preserver of Man* ! Lord, I am not worthy to come under thy Roof ; But speak the Word onely , and thy Servant shall be Healed !

✕

Adding these two Collects to your Private Devotions, both at Morning and Evening, that whole Week.

ALmighty God, who of thy tender Mercy, didst give thine only Son *Jesu Christ*, to suffer Death upon the Cross for our *Redemption* ; and didst institute, and in thy Holy Gospel command us to continue a *perpetual Memory* of that his precious Death, until his Coming again : Hear me, most merciful Saviour, I most humbly beseech Thee, and make my *Groanings*, my *Desires* after this *Holy Sacrament*, answerable to my needs of it : But, oh Lord ! How shall such a Wretch as I dare to approach thy *Holy Table* ? I am a *Dung*. How shall I presume to take the *Chalice* ? *Bread* ? I have often trampled those *precious things* under foot, either carelessly neglecting, or unworthily receiving those *Heavenly Remedies* ! O Lord, my horrible Guilt

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me tremble to come, and yet makes me not dare to stay away; for, Where shall this polluted Soul be washed, but in this Fountain opened for sin, and for uncleanness? Hither then I come; and Thou hast promised, that him that cometh to Thee, *Thou wilt in no wise cast out*: Grant me therefore, Gracious Lord, *so to eat the Flesh of thy Dear Son Jesus Christ, and to drink his Bloud*; that my sinful Body may be made clean by *his Body*, and my Soul washed through his most *Precious Bloud*. Amen.

I Will not presume to come to *thy Table*, O Merciful Lord, trusting in my own Righteousness, but in thy manifold and great Mercies declared unto Mankind in our Lord Jesus Christ; for whose sake, give me, I pray Thee, such a *Preparation of Soul*, as may qualifie me for a worthy Approach thereunto; To this end, make me heartily sensible of my Sins and Unworthiness; raise up my dull and earthy Mind from groveling here below, and inspire it with a Holy Zeal to seek those things that are above: Let that infinite Love of Christ in *looking* for so wretched a Sinner, inflame my heart, and kindle in me that Sacred fire of Love, that I may gain, and to all those whom He hath given me his Command and Example to Love, *as myself, as well as Friends*, and that for his sake;

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fake: Cloath me, O Lord in the *Wedding Garment*; and make me, though of my self, a most unworthy, yet by thy Mercy, an acceptable Guest at *Thy Table*; that I may not eat or drink my own Damnation, but Salvation through Jesus Christ our Lord. *Amen.*

Having thus recommended your self unto God in your *private Retirements*: I do earnestly exhort you to *frequent the publique Prayers of the Church*: (nothing but a charitable, or some very urgent occasion can *now*, or indeed should at *any time* excuse you;) and to attend them with all *possible Devotion*: Heed your self, *this Week especially*, your Thoughts, Words and Actions, that they be not wicked nor vain; or if at any time they should, that you forthwith recall and check your self thus,

Lord have Mercy upon me!

Christ have Mercy upon me!

Lord have Mercy upon me!

I Said, I will take heed to my ways, that I offend not in my Tongue! O God, who knowest us to be set in the midst of so many and great Dangers, that by reason of the frailty of our Nature, we cannot always stand upright; grant to me such strength and Protection, as may support me in all Dangers, and carry me through all Temptations, through Jesus Christ our Lord. *Amen.*

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Set apart the Friday of every such Week as a Day of Holy Fasting and Abstinence, rising Earlier than usually, if your Health will permit you, at Five of the Clock.

When you Awake, Pray,

Lighten mine eyes, O Lord, that I sleep not in Death. Then meditate upon, and acknowledg Gods goodness for *Preserving you the last Night*, who might, and deservedly too, have *Suffred Death to Seize* on you whilst *Sleeping*, and hurried you hence to render an account of what you have done in the flesh: the result of which, will be to *Think*, How (on the *Supposal* of this *Dreadful Surprize*) you were *Prepared*; and to *Conclude*, —Happy is that *Servant*, whom his Lord, when he cometh shall find *Doing his will*!

*And then humbly commending your self to
God, Say,*

✕

INto thy hands, O Lord, I commend this Day my soul and my Body, beseeching thee to be ever with me, to direct, sanctifie and govern me in the ways of thy Laws, and in the works of thy commandments; that I may receive thy most mighty protection both here

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“here and ever, I may be preserved both in
“Body and Soul, to serve Thee the only True
“God, through Jesus Christ our Lord *Amen.*

*After which ; Presently Arise : and at your
Up-rising ; Say,*

IN the name of God ; the *Father*, the *Son*,
and the *Holy Ghost* ; *Amen.* Blessed be
God, the Holy and *undivided Trinity*, now and
for ever, *Amen.*

I Arise from my Bed to Glorify Him ; He,
of his infinite mercy, Bless and Keep me
this Day, and for evermore ; *Amen.*

I Laid me down, and slept, and rose up a-
gain, for the Lord hath Sustained me.

At your Apparrelling ; Say,

CLoath me, O Lord, with the *Ornaments*
of thy heavenly Grace ; and Cover me
with the *Robes of Righteousness.* Put ye on the
Lord Jesus Christ ; and make no provision for
the flesh, to fullfil the lusts thereof.

At the Washing of your Hands, say,

Wash me clean, O Lord, from my
iniquities ; and Cleanse me from my
iniquities. *Amen.*

Supposing you thus Apparall'd
by Six of the Clock ; 'Tis time

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retire your self, to your ordinary *Morning Prayers*, which I would advise you, e're you Kneel down, to begin with *Prostration thus*,

At the *Name of Jesus*, God blessed for ever, let every *Knee Bowe*, both of things in Heaven, things in Earth, and things under the Earth; *Glory be to Thee O Lord most High*,

Then upon Your Knees, Say:

God be in my *Head* and in my *Understanding*, that I may know in this my *Day* the things which do concern my everlasting peace,

God be in my *Eyes* and in my *Seeing*, that they may alwayes be looking up to thy *Mercy-Seat*, and that they be not as so many *Casements* to let in *Vanity*.

God be in my *Mouth* and in my *Speaking*, to guard and fence it from *Idle Words*, and that it may at no time be a *Door* to let out *Folly*.

God be in my *Ears* and in my *Hearing*, that they may be always open to sound and wholesome *Counsels*, and deaf to corrupt and *Unprofitable Communications*.

God be in my *Heart* and in my *Thinking*, to preserve it from being a sink of *Unclean Thoughts*, that it may never be suffered either to *sinne*, or deceive others.

God

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God be at my *End* and my *Departing*,
that so my *Death* may be *precious* in the sight
of the Lord, with whom I pray that I may
live for Evermore; *Amen.* And so,

“ Prevent me O Lord in all my Doings with
“ thy most Gracious Favour, and further me
“ with thy continual Help, that in all my
“ works begun, continued, and ended in Thee
“ I may glorifie thy Holy Name, and final-
“ ly by thy mercy may obtain everlasting Life,
“ through Jesus Christ our Lord, *Amen.*

Adding, *Our Father, &c.*

My Voice shalt Thou hear betimes, O Lord;
early in the Morning will I direct my Prayer
unto Thee; and I will look up.

O Lord, open thou my *Lips*;

And my *Mouth* shall shew forth thy Praise.

O God make speed to save me;

O Lord make hast to help me:

Glory to the Father, and to the Son, &c.

As it was in the Beginning, is now, &c.
Psal. xcv.

O Come let us sing unto the Lord; &c.

Glory be to the Father, &c.

After which, read One or more of *David's*
Psalms in order; Beginning with the *First*,
and so onward, concluding *each Psal.* with
Glory be to the *Father, &c.*

Then

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Then a Chapter out of the *Proverbs* of *Solomon*, or the *New Testament*: and after that,

We Praise Thee O God, &c. Or,

* *Especially in the Holy Time of Lent.*

* O All ye Works of the Lord, Bless, &c. Or, Blessed be the Lord God of *Israel*, &c.

Goncluding the *Two last* of these Hymns with *Glory be to the Father*, &c.

Then the Creed, *I Believe in God*, &c.

After which Kneel and Pray,

Lord have mercy upon me,

Christ have mercy upon me,

Lord have mercy upon me,

Our Father, &c.

Blessing, and Honour and Glory, and Power be unto him that Sitteth upon the Throne, and unto the Lamb, for ever and ever, *Amen.*

Glory be to God on high; on earth Peace; good Will amongst Men; I Praise Thee; I Bless Thee; I Worship Thee; I Glorify Thee; I give thanks to Thee for thy great Glory and Goodness, O Lord God, Heavenly King, God the Father Almighty: For thy Son *Jesus Christ* manifested in the Flesh to destroy the works of the Devil; and who is the fountain of all those mercys both Spiritual and Temporal so freely and plentifully bestowed on me thy most unworthy Creature;

par-

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particularly that thou hast protected me this last Night from all perills ghostly and bodily, and brought me to see the light of another Day, whereas thou mightest justly have suffered me to sleep in death by reason of those manifold and hainous sins wherewith I have from time to time offended thy Divine Majesty. I have sinned! and what shall I say unto Thee, O thou *Preserver of Man*? I have left undone those things which I ought to have done; and I have done those things which I ought not to have done; and there is no health in me: But thou O Lord, Have mercy upon me a most miserable offender! Oh Thou, who desirest not the Death of a sinner, but rather that he should turn from his wickedness and Live, *Have mercy upon me.* Spare and Restore me, who do here in all humility confess my faults, and do desire to be Penitent for them. Have regard to thy *Blessed Son* who is our *Advocate* with Thee, O Father, and the *Propitiation* for all our sins; for whose sake mercifully Grant unto me true Repentance, and the assistance of thy *Holy Spirit*, which may teach and enable me to please Thee hereafter in all good things, to deny ungodliness and worldly Lusts, and to live Godly and soberly in this present World, that so at last I may come to that Eternal joy, through Jesus Christ our Lord.

Amen.

A Almighty God our heavenly Father, who of thy Great mercy hast promised *Forgiveness* of sins to all them that with hearty Repentance and true Faith turn unto Thee; Have mercy upon me, Pardon and Deliver me from all my sins; Confirm and Strengthen me in all Goodness, and bring me unto everlasting Life, through Jesus Christ our Lord. *Amen.*

O Lord, our heavenly Father, Almighty and Everlasting God, who hast safely brought me to the beginning of this Day; Preserve me in the same, and all other Dayes of my Life from all sin and Danger; and by thy Gracious Governance, dispose all my Thoughts, Words and Actions this Day to thy Glory, through Jesus Christ our Lord. *Amen.*

Most Gracious God, I humbly beseech thee, as for this Kingdom in General, so especially for Him, who is the Supreme Governour thereof: O Lord, Grant the King a long Life, that his *Years* may endure, as *many Ages*; furnish him with safe and wise Counsels, and give him an heart of Courage and Constancy to pursue them; Oh! Prepare thy loving Mercy and Faithfulness for him, that thou may preserve him; Let thy Name *O God* defend him; send him *help* from thy *Sanctuary*;

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Sanctuary, and strengthen him out of Sion :
And let us his Servants under Thee, see with
joy that Thou helpest thine *Anointed*, and that
Thou wilt hear him from thy holy Heaven,
even with the wholsom strength of thy Right
Hand ; so will we alwayes sing Praises unto
thy Name through Jesus Christ our Lord,
Amen.

Bless, O Lord, the *Queens Majesty*, the
Duke of York ; and all the *Royal Family* ;
Prosper them with all Happines, and make
them all Instrumental to the furtherance of thy
Glory in this World, and bring them to thine
Everlasting Kingdome in the World to Come,
through Jesus Christ our Lord, *Amen.*

Give Grace O Heavenly Father to all
Bishops and Curates ; especially to *Him*
whom by thy good Providence thou hast ap-
pointed my *Spiritual Pastor and Guide* ; Grant
that I may reverence his Person, and have
regard to his good and wholesome Counsell,
so that by him I may be conducted, and to-
gether with him enter into thine Eternal
through Jesus Christ, *Amen.*

O God the Creator and preserver
mankind ; I beseech thee for

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conditions of Men, and especially for thy Holy *Catholique Church*, that one *Faith* may be *Uniformly* professed as thy *Church* is and can be but *one*; purge it from all *Atheism*, *Heresy*, and *Schism*; and grant that all they who do profess thy holy Name may agree in the truth of thy holy Word, and hold the Faith in unity of Spirit, in the bond of Peace, and in Righteousness of life, through him who is the only *head* over all things to his Church, *Jesus Christ* our Lord, *Amen*.

O God of Mercy's and Father of Comforts; have Mercy, and comfort all those who are any wayes Afflicted or Distressed in Mind, Body or Estate; Relieve them according to their severall necessities, give them Patience under their sufferings, and an happy issue out of all their Afflictions, for *Jesus Christ* his Sake, *Amen*.

G Racious Lord, bless all those who are near or dear unto me, and make them near and dear to thine own self: All my *Kindred*, * All other my *Friends*, *Acquaintants* & *Benefactors* particularly, * Forgive me and them all our sins, and continue us thy servants in life and death, *Amen*.

To

For the H. Communion. 15

To these, or the like, your *Morning Prayers*, subjoyn on every such *fasting day*, the two *Collects* for preparation for the Communion above writteu, and the cxliij. *Psal.* still kneeling: *Hear my Prayers O Lord, and consider my desire, &c.*

Glory be to the Father, &c.

Conclude all with,

The Lord fulfil the desires and Petitions of thy Servant, as may be most expedient for me: The Lord bless me, and keep me: The Lord lift up the light of his Countenance upon me, and give me Peace both now and ever-more. *Amen.*

Arising from Prayer, you must presently set your self to recollect your *Life past*, especially since you last received by that *Catalogue of sins* set down in the whole duty of man, or, by that (which is more concise) at the latter end of that most excellent *Manuel* of Bishop Andrews, pag. 82. of his *Directions for the Sick*; reading it consideringly over; and at every particular ask your Soul, whether you are guilty of that sin, and commit to writing those Sins you discover your self guilty of, with their respective aggravations, viz. If they were committed *in ignorance*, or on *mature deliberation*, or *against the resistances of Conscience*, &c.

I suppose this duty of self-examination

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cated by the *Apostle*, 1 Cor. xj. 28. and most necessary to this great work, dispatch'd by *nine a Clock*, when taking the *paper* in your hand, humbly *prostrating* your self, say,

The good Lord pardon every one that *prepareth* his heart to seek God, the Lord God of his Fathers, though he be *not cleansed* according to the *Purification of the Sanctuary*. Then *kneel* and pray, *Psalm cxxxth.*

Out of the deep have I called unto thee, O Lord, &c.

Glory be to the Father, &c.

O God to whom Vengeance belongeth, O God to whom Vengeance belongeth, shew thy self, but let it be in pity and compassion to thy wretched and unworthy Servant, who in all humility confess my self a Wicked and Sinful Creature. I acknowledg those sins, which if I would, I cannot hide from thee, my sins of *Pride* and *Vain-Glory*, of *Hatred* and *Envy*, of *Gluttony* and *Wantonness*; I accuse my self of my wicked *desires* and *thoughts* which I have conceived*, of my *wanton* and *evil words* which I have spoken* of my *naughty* and *ungodly deeds* which I have committed*; I acknowledg and bewail these *fold sins* and *wickednesses*, which I from
time

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time to time most grievously have committed by thought, word, and deed against thy divine Majesty, provoking most justly thy wrath and indignation against me. I do earnestly repent and am heartily sorry for these my misdoings; the remembrance of them is grievous to me, the burden of them is intollerable. Have mercy upon me, have mercy upon me, most merciful Father, for thy Son Jesus Christ's sake, forgive me all that is past; and grant, that I may ever hereafter serve and please thee in newness of Life, to the honour and glory of thy Name, through Jesus Christ our Lord. *Amen.*

Forgive me my sins, O Lord; forgive me the sins of my *Age*, and the sins of my *Youth*; the sins of my *Soul*, and the sins of my *Body*; my *Secret* and my *Whispering* sins; my *Presumptuous* and my *Crying* sins; the sins that I have done to *please my self*, and the sins that I have done to please others.

Forgive me my *Wanton and idle* sins; forgive me my *serious and deliberate* sins; forgive me those sins which I *know*, and those sins which I *know not*; the sins which I have laboured long to *hide from others*, that now I have *hid them from my own memory*: Forgive them, O Lord! Forgive them all; of thy mercy let me be *Absolved* from all my sins, and of thy bountiful goodness, let

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vered from the bands of those sins, which by my frailty I have committed ; Grant this, O Heavenly Father, for Jesus Christ his sake, our Blessed Lord and Saviour. *Amen.*

Adding this short Litany, and the following Prayers.

O God, the Father of Heaven, have mercy upon me a most miserable sinner!

O God the Son, Redeemer of the World, have mercy upon me a most miserable sinner !

O God the Holy Ghost, proceeding from the Father, and the Son, have mercy upon me a most miserable sinner !

O Holy, Blessed and Glorious Trinity, Three Persons, and one God ; Have mercy upon me, a most miserable sinner !

Remember not Lord mine offences, nor the offences of my fore-Fathers, neither take thou Vengeance of my sins : Spare me, good Lord, Spare thy Servant whom Thou hast Redeemed with thy most precious Blood, and be not angry with me for ever. *Spare me, Good Lord.*

Deliver me from all evil and mischief, from sin, from the assaults of the Devil, from thy wrath, from everlasting Damnation,
Good Lord Deliver me.

From

for the H. Communion. 19

From all blindness of Heart, from Pride,
Vain-Glory and Hypocrisie; from Envy, Ha-
tred and Malice, and from all Uncharitable-
ness, *Good Lord Deliver me !*

From Fornication and all other deadly sin ;
and from all the deceits of the World, the Flesh,
and the Devil, *Good Lord Deliver me !*

From, &c. [Here insert those sins of which
you have found your self guilty, and wrote
in the paper,] *Good Lord Deliver me !*

From hardness of Heart ; from Contempt of
thy Word and Commandment ; from any evil
thought which may assault and hurt my Soul,
Good Lord Deliver me !

From all Adversities which may happen to the
Body ; from noysome and infectious Diseases,
and from sudden death, *Good Lord Deliver me !*

By thine Agony and Bloody Sweat ; by thy
Cross and Passion ; by thy precious Death and
Burial, and by thy Victorious Descension into
Hell, *Good Lord deliver me !*

By thy Glorious Resurrection and
Ascension ; and by the wonderful coming of
thy Son in the Clouds with
Ghost, *Good Lord Deliver me !*

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In all time of my Tribulation, in all time of my Wealth, in the hour of Death, and in the day of Judgment,

Good Lord Deliver me.

I who am a most miserable sinner, do beseech thee to hear me, O Lord God; to keep and strengthen me in the true worshiping of Thee; and to give me Grace to serve thee in Righteousness and Holiness all the days of my Life,

I beseech Thee to hear me, Good Lord.

That it may please Thee to be my Defender and Keeper, giving me the Victory over the World, the Flesh, and the Devil,

I beseech thee to hear me, Good Lord.

That it may please Thee to endue me with true knowledg of thy Word; with Grace, Wisdom, and Understanding,

I beseech Thee to hear me, Good Lord.

That it may please Thee to give me increase of Grace, to hear meekly thy Word, and to bring forth the fruits of the Spirit,

I beseech thee to hear me, Good Lord.

That it may please Thee to give me an heart to love and Dread Thee, and diligently to live by thy Commandments,

I beseech thee to hear me, Good Lord.

That it may please Thee to strengthen me in all my Trials; to comfort, and help me when I am

am

for the H. Communion. 21

am weak-hearted; to raise me up when I fall;
and finally to beat down Satan under my feet,

I beseech Thee to hear me, Good Lord.

That it may please Thee to succour, help, and
comfort me, when I am in danger, necessity and
Tribulation,

I beseech thee to hear me, Good Lord.

That it may please Thee to give me, as at all
times, so now especially, due preparation of
mind, that I may worthily participate this holy
Sacrament,

I beseech Thee to hear me, Good Lord.

To this end may it please Thee to forgive
mine Enemies, Persecutors, and Slanderers, and
to turn their hearts,

I beseech Thee to hear me, Good Lord.

That it may please Thee to give me true Re-
pentance; to forgive me all my sins, negligences,
and ignorances; to endue me with a lively
and a stedfast Faith, and a sincere Resolution to
amend my Life according to thy holy Word,

I beseech Thee to hear me, Good Lord.

Son of God, I beseech Thee to hear me.

O Lamb of God that takest away the sins of the
World, *Grant me thy Peace.*

O Lamb of God, that takest away the sins of the
World, *Have mercy upon me.*

O Christ Hear me.

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Lord have mercy upon me !

Christ have mercy upon me !

Lord have mercy upon me !

Our Father, &c.

Deliver us from Evil, Amen.

O Lord, deal not with me according my to sins.
Neither reward me after my Iniquities.

Have mercy upon me, O Lord, after thy great Goodness ; according to the multitude of thy mercys do away my offences, &c. *Psal. l j.*

[Repeat the whole *Psalme* kneeling ; ending with *Glory be to, &c.*]

O Lord, I beseech Thee mercifully to hear me ; and spare me, and all those who do confess their sins unto Thee, that they whose Consciences by sin are accused, by thy merciful Pardon may be Absolved, through Jesus Christ our Lord. *Amen.*

O most mighty God, and merciful Father, who hast compassion upon all men, and hatest nothing that thou hast made, who wouldest not the Death of a sinner, but rather that he should turn from his sin, and be saved : Mercifully forgive me my Trespases, receive and comfort me who am grieved and wearied with the burden of my sins : Thy property is always to have mercy : To Thee only it appertaineth to forgive sins :

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sins : Spare me therefore, Good Lord; spare me, spare thy Servant whom thou hast Redeemed; enter not into Judgment with thy Servant, who am vile earth, and a miserable sinner; But, so turn thine anger from me, who meekly acknowledg my vileness, and truly repent me of my faults, and so make hast to help me in this world, that I may live with Thee in the world to come, through Jesus Christ our Lord, *Amen.*

TURN thou me, O good Lord, and so shall I be turned; be favourable O Lord, be favourable to thy Servant who turns to Thee in *Weeping, Fasting, and Praying* : For, thou art a merciful God, full of Compassion, long-suffering, and of great pitty; Thou sparest, when we deserve punishment, and in thy Wrath thinkest upon mercy : Spare thy Servant, good Lord; spare me, and let me not be brought to Confusion ! Hear me, O Lord, for thy mercy is great, and after the multitude of thy mercies, look upon me through the Merits and Mediation of thy blessed Son Jesus Christ our Lord. *Amen.*

THE Lord bless me, and keep me; raise up the light of his Countenance upon me, and give me peace, now and for ever. *Amen.*

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The time following to *Eleaven of the Clock*; you may bestow in *dressing*, and sitting your self for the *publick Prayers of the Church*, which then you must by no means fail to be *present at*. In the mean time, let no sinful thoughts possess your Soul, no vain or idle Communication proceed out of your mouth, but such as may tend to edifying. Examine, exhort, incourage your Servants, or those about you, whom you have commanded, or who purpose to Receive this B. Sacrament with you; and be careful to avoid the Conversation of those who may probably tempt you to sin and vanity.

Returning from *Church*, or *Chappel* about *Twelve of the Clock*, Humble your self again before God, and Pray,

Our Father, &c.

Deliver us from evil. *Amen.*

Then the xxxij. Psalm, *Still upon your knees.*

Blessed is he whose unrighteousness is forgiven, and whose sin is covered, &c.

Glory be to the Father, &c.

Almighty and everlasting God, who hatest nothing that thou hast made, and dost forgive the sins of all them that are penitent; Create, O God, in me a new and contrite heart, that I may lamenting my sins, and acknowledging my wretchedness, may obtain of thee, the
God

for the H. Communion. 25

God of all mercy, perfect remission and forgiveness, through Jesus Christ our Lord. *Amen.*

Almighty and most merciful Father, who for my many and grievous Sins committed against thee, since the *last solemn time of my Humiliation and Repentance*, mightest most justly have cut me off in the midst of my days; But, in the multitude of thy mercies hast hitherto spared me: Accept, I most heartily beseech thee, mine unfeigned sorrow for all my former transgressions; and grant that I may never so presume of thy mercy, as to despise the riches of thy goodness, but that thy forbearance and long-suffering may lead me to Repentance and amendment of my sinful life, to thy honour and glory, and my final Acquittance and Absolution at the last day, through Jesus Christ our Lord. *Amen.*

O Lord, make clean my heart within me:

And take not thy Holy Spirit from me.

In the Name of God; the Father, the Son, and the Holy Ghost. *Amen.*

I who am a wretched Sinner, here personally appearing, and prostrate unto the Majesty of the Great and dreadful God, and in the presence of his Holy Angels; having in remembrance the exceeding mercies of his great Goodness

* Here Turn
your self to the
Ground.

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wards me, as in manifold instances, so especially in this; that in the day of my *Christ'ning*, I was so happily and holily *Vowed* and *Dedicated unto God*, to be his Child, and to live in his continual Service; and that contrary to the profession which was then made in my name, I have so many and sundry times so grievously *violated my vows*, and *profaned my sacred promises*, and employed my Soul to the service of the World, the *Flesh*, and the *Devil*. At length recalling my Self, and with all lowliness and devotion, casting my Soul and Body *prostrate* before the *dreadful Throne of his Justice*, do acknowledg, confesse, and yeild my self a miserable wretched Sinner, guilty of that Death and Passion which Christ once suffered for me upon the tormenting Cross: But turning my self to the *Throne of his infinite mercy*, and with all my might and force from the very Deep of my heart, detesting the iniquities of my fore-past'd Life, I most humbly beg and crave pardon for the same, with an entire Absolution from all my sins, even for the precious Death and Passion sake of my Lord and Saviour, unto whom I promise and confirm again, I do avow and solemnly re-
new the sacred Profession of loyal service and obedience which was made in my behalf unto him at my *Baptisme*, renouncing unfeignedly the cares of this wicked World, the lusts of the

the

for the H. Communion. 27

the Flesh, and the suggestions of the Devil; and converting my self to my most gracious and merciful God: I *desire, deliberate, purpose, and fully resolve* to honour him, serve him, and obey him for ever hereafter; *giving and dedicating* to him for this end, the *faculties of my Soul, and the members of my Body*, to be his faithful, loyal, and obedient Subjects and Servants for ever; without *unsaying, revoking, or repenting* me of this my *holy and sacred promise, or, any part thereof.* And, I most humbly beseech Almighty God, the Father, the Son and the Holy Ghost to *confirm me in this constant resolution* of abandoning these my sins, and living an holy Life: and to accept of this my broken and contrite heart, which he hath promised not to despise, entirely desiring his Fatherly goodness, that as he hath given me a *will and desire to purpose,* so he would give me *strength and grace to perform* all holy actions through Jesus Christ our Lord. *Amen.*

L Ord, I pray thee, that thy Grace may always prevent and follow me, and make me continually to be given to all good works, through Jesus Christ our Lord. *Amen.*

L Ord, I beseech thee grant thy *Strength* and Grace to withstand the temptations of the World, the Flesh, & the Devil; and

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pure heart and mind to follow thee the only true God, through Jesus Christ our Lord.

Amen.

O God, whose nature and property is ever to have mercy and to forgive, Receive my humble Petitions; and though I be tied and bound with the chain of my sins, yet let the pittifulness of thy great mercy loose me, for the honour of Jesus Christ our Mediator and Advocate.

Amen.

O Saviour of the world save me! who by thy Cross and Passion hast Redeemed me: help me, and save me, I beseech Thee O God.

To the King Eternal, the Immortal, Invisible, and only Wise God, who is the ever Blessed and Adorable Trinity, be all Honour and Glory, now, and for ever. *Amen.*

- * Having thus ended your *mid-day Devotions*, review your *Catalogue* of sins: Fix on *that sin*, you find your self *mostly addicted to*; labour for a *Godly sorrow*, and *relentings of heart* on the sight of it; *resolve* against all *future perpetrations* of it, carefully using all *remedies* which may tend to suppress it: To which purpose, examine your self concerning those *occasions* and *incentives* which lead you to it, and provide well as you can against them, noting in your *Book* those *Occasions* and *Remedies* which reason

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reason or experience may prompt you to: *As for example.*

Suppose your self guilty of *Irreverence*, or *want of Devotion* in the service of God: write down, what doth commonly induce you to it, what remedies are most proper to the cure of it. Thus,

In the year 1673 March 28th. being *Good Friday* (or be it any other day) *I Fasted*, being to Receive the *Communion* the following *Sunday*; and in the exercise of this holy Duty on *Examination*, I found my self much guilty of *Irreverence* in the worship of God, and discovered these Temptations to it.

Too much *addicting* my self to *childish and light Departments* at all times; and therefore can hardly remit of them, when I come into Gods Presence.

2. *Listning* too much to the *vain Discourse* and *observing* the *impertinent Actions* of Others.

3. *Want of Consideration* in whose Presence I am; to wit, of the *Great Majesty of Heaven*; of that God who, if I doe not repent will strictly call me to an *Accompt* for them and all other my sins; &c.

From which *Occasions* you may easily receive what *remedies* to use against it; As

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1. To labour for a Grave and *modest Carriage* of my self considering my *Age, quality, Degree; &c.*
2. To *avoid vain and light Persons*; or if that may not be done, *not heeding them, or seriously rebuking them.*
3. To entertain all *awful and Dreadful Apprehensions* of the *Great God*, who seeth what I doe, and how I comport my self: As also, of the *Holy Angels* who may truly enough be Believed, from the intimations of the *Apostles St. John, Revel. viii. and St. Paul, 1 Cor. xi. 10. to be present at Holy Mysterys.* To these may be added
4. *Lifting up my Eyes* to Heaven; or, *fixing* them on the *Priest*; not in the least *letting them loose* on whatever objects may present themselves.—These I then *Resolved* to consider, and practise; and will therefore frequently Read them over:

Even soe, *Amen*: Lord, Let thy Grace be sufficient for me! *Lead me not into Temptation; Deliver me from evil. Amen.*

When Kneeling down, Pray for *Devotion*; for any other Grace, the contrary sin of which you have now found your self guilty of,

for the H. Communion. 31

of, and Resolved against. You will find *Prayers* to this purpose at the latter-end of this *Book*.
As for *Devotion*; Thus,

Most Great God, who hast not only permitted, but invited us needy and miserable Creatures to present our Petitions to Thee: Oh! let me set a true value on this most inestimable priviledge. I come unto Thee, O Lord, as a Worm to my sovereigne Maker; I come as an heinous offender to a just and severe judge: Let I pray Thee my Addresses in thine House be with a *Reverence* someway answerable to thine *awful Majesty*; Give me an hearty desire to pray, and such a pure intention and fixedness of mind upon Thee, that I may no more incur the Guilt of Drawing nigh unto Thee with my *Lips*; when my heart is far from Thee; But may so Ask, that I may receive; seek, that I may find; knock that it may be opened unto me; that so from praying to Thee here, I may be Translated to the Praising Thee Eternally in thy Glory hereafter, through Jesus Christ our Lord. *Amen.*

This exercise being finished about *three of the Clock*, the time appointed for the *Evening service*; At your Return from the *Church or Chappel*, if you have not fully satisfied you

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own Conscience, but require further Comfort or Counsell, you are to goe to some *Discreet and Learned Minister* of Gods word (especially to him under whose Ministry God hath placed you, not being Curious or censorious in your choice as to this particular) and *open your Greif by Confession*, that so you may receive the benefit of *Absolution*, together with *Ghostly Counsel* and advice to the quieting of your Conscience, and the avoiding of all Scruple and Doubtfulness.

This being done, (as it ought to be, with Submission and sobriety) you may *with Comfort* Retire into your Closet ; and *upon your Knees*, Say,
Our Father ; &c,
Deliver us from evill ; Amen.

ALmighty God, unto whom all hearts be open, all desires known, and from whom no secrets are hid ; cleanse the Thoughts of my heart by the Inspiration of thy Holy Spirit ; that I may perfectly love thee, and worthily Magnifie thy Holy Name through Christ our Lord. *Amen.*

Then Read, upon your Knees, the Ten Commandments as they are set down in Our Communion Service.

Spake these Words ; &c. after each Commandment went ; Say,

Lord,

for the H. Communion. 33

Lord have mercy upon me; and Incline my heart to keep this Law!

Thou shalt not Covet, &c.

Lord, have mercy upon me; and write all these thy Laws in my heart, I beseech thee.

O Almighty Lord, and everlasting God; vouchsafe, I beseech thee to direct, Sanctifie and Govern both my Soul and Body in the ways of thy Laws, and in the works of thy Commandments, that through thy most mighty Protection, both here and ever, I may be preserved both in Body and Soul, through our Lord, and Saviour Jesus Christ. *Amen.*

Then stand up and heartily repeat your Creed, *I believe in God, &c.* After which Kneel again, and pray:

Almighty everlasting God, heavenly Father, I give thee humble thanks, that thou hast vouchsafed to bring me to the *knowledg of this faith in thee*; and do beseech thee, that thou wouldst keep me *stedfast in this faith*, and evermore defend me from all adversities, who livest and reignest one God World without end. *Amen.*

Lord have mercy upon me!
Christ have mercy upon me!
Lord have mercy upon me!

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O H Christ Hear me! and Remember now that Hour, in which thou didst once Commend thy Blessed Spirit into the hands of thy heavenly Father, when with a *Torn Body* and a *Broken Heart*, thou didst shew forth the Bowels of thy mercy, and Dye for us. I beseech thee, O thou *Brightness* and *Image of God*, Assist me by this thy most precious Death, that being Dead unto the world, I may live only unto Thee; and at the last hour of my Departure from this mortal Life, I may Commend my Soul into thine hands, and thou mayst receive me into life immortal, there to Reign with thee for ever and ever, *Amen.*

Grant me, in the mean time, Gracious Lord, a pure intention of heart, and a stedfast resolution to despise all vanity, to fight the Battels of the Lord manfully against the world, the flesh and the Devil, to spend my time religiously and usefully, to speak gracious words, to walk always in thy presence, to preserve my Soul and and Body in holiness fit for the habitation of the Spirit of God; *Amen.*

Lord, and my God; Give me I beseech thee, a wise, a sober, a patient, an understanding, a devout, a religious, a Couragious heart; a fast and temperate reins and thoughts; a soul full

for the H. Communion. 35

full of Devotion to doe thee Service ; and do thou make my services acceptable to thee while I live, and my soul ready for thee, when I Dye, *Amen.*

O Lord, Increase in me Faith and Devotion, replenish my heart with all Goodness, and of thy Great mercy keep me in the same ; Give me true humility in prosperity, patience in adversity, and continual joy in the Holy Ghost. *Amen.*

O Lord, Give me Spiritual wisdom, that I may discern what is pleasing to thee, and follow what belongs unto my Peace ; and let the knowledg and Peace of God, and of Jesus Christ our Lord be my Guide and my portion all the Days of my life : *Amen.*

O Lord ; make me humble to my Superiors, and friendly to my Equals ; thankfull to my Benefactors, loving to my Relations, and Charitable to my Enemies ; to be Gentle and easily entreated, slow to anger, and readily admonished ; fully prepared, and thoroughly furnished for every Good word and work : *Amen.*

O Lord ; Give me a peaceable Spirit,

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Quiet life free from Debt and deadly Sin;
Give me Grace to abstain from all appearance
of evil, and to doe nothing but what is of
good report; to confess Christ and his holy
Religion by an holy and obedient life, and a
mind ready to dye for him, when he shall call
for me; and then, O Lord, Assist me! *A-*
men.

O Lord Jesu! I Give thee my Body, my
Soul, my substance, my Fame, my
Friends, my Liberty and my Life; Dispose of
me, and of all that is mine, as it seemeth best
to thee, and to the Glory of thy Holy Name:
Amen.

I Am not now *Mine*; But, *Thine*: therefore
Claim me as thy right, Keep me as thy
charge, and love me as thy child: Fight for
me, when I am assaulted, heal me when I
am wounded, and Revive me when I am de-
stroyed: *Amen.*

O God, from whom all Good things do
come; Grant to me thy humble servant,
that by thy holy Inspiration I may think those
things that are Good, and by thy mercifull
Assistance may perform the same, through Jesus
our Lord; *Amen.*

Give

for the H. Communion. 37

GIve me modesty in my Countenance,
Gravity in my behaviour, Deliberate-
ness in my Speech, and righteousness in all my
Actions: Let thy mercy cleanse me from my
Sins; and let thy Grace bring forth in me the
fruits of everlasting life: *Amen.*

O God, who knowest us to be set in the
midst of so many and Great Dangers, that
by reason of the weakness of our nature we
cannot always stand upright; Look I beseech
thee, on my frailties and Infirmitys; and Grant
me such Health of Body, that both in my Soul
and Body I may evermore serve thee with all
my strength and might; through Jesus Christ
our Lord: *Amen.*

GRant, O Lord, that I may live in thy
Fear, Dye in thy favour, rest in thy
peace, rise in thy power, reign in thy Glory,
for thy only Beloved Son's sake, Jesus Christ
our Lord, *Amen.*

Assist me mercifully, O Lord, in these
and all my Supplications and Prayers
and Dispose the way of thy servant toward the
attainment of everlasting salvation; that
among all the changes and chances of this
tal life, I may ever be Defended by thy
Grace

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Gracious and ready help, through Jesus Christ our Lord : *Amen.*

GOD the Father bless me ! God the Son Defend me ! God the Holy Ghost preserve me ! God the Holy Trinity be with me, now and for ever more ! *Amen.*

• After this apply your self to read some *Choice portion of Scripture* ; particularly, the *History* of our Saviours passions as in the *Gospels for the Holy week* : Read, with as much affection and heartiness, as is possible ; all along reflecting on his *Innocency*, and *your self*, as being one of those *Guilty Wretches*, for whom he Suffered all this.

And *think thus with Your self.*

I Have occasioned more torment to Him, then his very *Crucifiers* ; they crucified him *Once* ; but I have as much, as in me lay, crucified him *Dayly* : they crucified him, because they *knew him not* ; but *I have known* him, and yet have still continued thus to crucifie him afresh.

These *Meditations*, as they should work in me, a *Sorrow* for our sins past, and a great *repentance*, and a firm *resolution* against them for the
the

for the H. Communion. 39

the time to come ; so likewise should they quicken and stir up our *Faith in*, our *Love of*, and our *Thankfulness unto Christ*, for his so *Great Mercy* in Redceming us by so dear a *Price*.

Nor must your *Prayers* end here ; they are not *Compleat* without *Intercessions*, nor *acceptable* without *Charity*, which is a main requisite to a *Worthy Communicant*.

At *six of Clock* therefore betake your self again to *Prayer for All Men* ; for *Christ's Holy Catholick Church* ; and for all, who either by *Relation*, *Acquaintance*, or more *particular Desire*, may claim a *share* in your *Prayers*.

Our *Father* ; &c.

Deliver us from Evil ; *Amen*.

A *Lmighty God*, who of thy tender love towards *Mankind* hast sent thy Son our Saviour *Jesus Christ* to take upon him our flesh, and to suffer *Death* upon the *Cross*, that all *Mankind* should follow the example of his *Great Humility* ; *Mercifully Grant*, that I may both follow the example of his *Patience*, and also be made partaker of his *Resurrection*, through the same *Jesus Christ* our Lord, *Amen*.

A *Lmighty God*, I beseech Thee graciously to Behold thy *Family* for which our Lord *Jesus*

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Jesus Christ was contented to be Betrayed, and given up into the hands of wicked men, and to suffer Death upon the Cross; who now Liveth and Reigneth with Thee and the Holy Ghost, ever One God, world without end, *Amen.*

A Almighty and everlasting God, by whose Spirit, the *whole Body of the Church* is governed and Sanctified; Receive my Supplications and Prayers which *I offer before Thee* for all *Estates* of men in thy *Holy Church*, that *every member* of the same, in his Vocation and Ministry, may truly and Godly serve Thee, through our Lord and Saviour Jesus Christ, *Amen.*

O Merciful God, who hast *made all men*, and hatest nothing that thou hast made, nor wouldest the Death of a sinner, but rather that he should be Converted and live: Have mercy upon all *Jews, Turks, Infidells*; and take from them all Ignorance, hardness of heart and contempt of thy Word; and so fetch them home, Blessed Lord, that they may be saved among the Remnant of the true *Israelites*, and be made *One Flock* under *One Shepherd* Jesus Christ our Lord, who liveth and Reigneth with Thee, and the Holy Spirit, *One God* world without end, *Amen.*

Almighty

for the H. Communion. 41

ALmighty God, who hast purchased to thy self, an *Universal Church* by the precious Bloud of thy Dear Son; mercifully look on *that part of it in these Kingdoms, so miserably shattered and distressed.* I confess, O Lord, our sins have justly deserved that thou shouldst remove thy Candlestick from us, and by some extraordinary judgment make us a scorn and a By-word to the World; But, I beseech Thee, Reverse those Plagues which we have deserved; and continue those mercys which we have hitherto enjoyed, especially the comfort of thy Gospel, and liberty of thy Truth. Oh! Let not our Adversarys, neither *Papists, nor Schismaticks* ever roar in the midst of our Congregations, and set up their Banners as signs of Victory, and Conquest over us; But sheild and Protect us with thy mercy, that in thy Holy Church we may still Glorify thy Name, through Christ our Lord, *Amen.*

O God, the unspeakable *Authour of the World, Creator of Men,* Governour of Empires, and Establisher of all Kingdoms, who out of the loyns of our Father *ABRAHAM* didst chuse a *King*, that became the Saviour of all Kings and Nations of the Earth. Bless, I beseech Thee, thy Servant and our Dread Sovereign Lord *King CHARLES*

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with the richest blessings of thy Grace; and Establish him in the Throne of his Kingdome by thy mighty Aid and Protection: visit him, as thou didst visit *Moses* in the *Bush*, *Joshua* in the *Battel*, *Gideon* in the *Feild*, *Samuel* in the *Temple*: Let the dew of thy abundant mercies fall upon his Head, and give unto him, the Blessing of *David* and *Solomon*: Be unto him an Helmet of Salvation against the face of his Enemies, and a strong tower of Defence in the time of Adversity; let his Reign be prosperous, and his Days many: let Peace, and Love, and Holiness; let justice and Truth, and all Christian Vertues flourish in his time; let his People serve him with Honour and Obedience; and let him so duly serve Thee here on Earth, that he may hereafter Everlastingly serve Thee in Heaven, through Jesus Christ our Lord, *Amen*.

I Beseech Thee, O Lord, to Save and Defend all Christian Kings, Princes and Governours; especially thy Servant *CHARLES*, King, that under him we may be godly and quietly governed; and Grant unto his whole *Council*, and to all that are put in Authority under him, that they may truly and indifferently Minister Justice, to the punishment of Wickedness and Vice, and to the maintenance of thy true Religion and Vertue, *Amen*.

Almighty

For the H. Communion. 43

ALmighty God, the God of all mercy, I humbly beseech Thee to pour down the riches of thine abundant Goodness upon the Head of thine Hand-maid our most Gracious *Queen KATHERINE*, that she being continually beautified with the *Royal Ornaments* of thy heavenly *Grace*, may be *holy* and *Devout* as *HESTER*, *Loving* to the King as *RACHEL*, *fruitful* and *wise* as *REBECCA*, and *Obedient* as *SARAH*; and with long life and glory continuing in her high and Princely estate, she may at the last be brought to the great happiness of thine everlasting estate hereafter, through Jesus Christ our Lord, *Amen*.

ALmighty God, the fountain of all goodness, I humbly beseech Thee to bless the most Illustrious Prince, *James Duke of YORK*, and all the *Royal Family*: Endue them with thy Holy Spirit, enrich them with thy heavenly Grace, prosper them with all happiness, and bring them to thine everlasting Kingdom, through Jesus Christ our Lord. *Amen*.

ALmighty God, who alone workest great Marvels, Give grace to all *Bishops, Priests* and *Deacons*, especially to those under whose *Dispensations* I live: Illuminate them with true

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true knowledge and understanding of thy Word ; and grant that by their Preaching and living they may set it forth, and shew it accordingly, and also rightly and duely administer thy holy Sacraments : Grant this for thy Son Jesus Christ his sake, *Amen*.

O Thou God of Truth, Bring into the way of Truth, all such as have err'd & are deceiv'd!
O Thou Father of Comforts, succour, help and comfort all that are in danger, necessity and tribulation ; preserve all that travel by land or by water ; all women labouring of Child, all sick persons and young Children ; shew thy pittie upon all Prisoners and Captives ; provide for the Fatherless Children and Widows, and all who are desolate and Oppressed : yea, have mercy upon *all men*, especially those whom thou hast called to the *Knowledge of*, and *Faith in* thy Son Jesus Christ, *Amen*.

Almighty God, who hast commanded me to honour my Father and my Mother ; Grant me of thy goodness and Grace so to love and honour them, to fear and obey them, to help and to pray for them, as thou in thy holy Word hast directed and charged me to do, that both in their lives and Deaths their Souls may bless me : Give them I pray
Thee

for the H. Communion. 45

Thee peace and plenty, Defend them from all dangers both of body and soul; keep them in the stedfastness of thy Faith, and in the obedience of thy holy Commandments: Bless them O Lord, and all other my Relations and Benefactors, make us doubly dear to each other, both in the flesh and in the Lord, and that for our Lord Jesus Christ his sake. *Amen.*

O God from whom every good and perfect gift proceedeth; Accept my *Praise* and *Thanksgiving* which I offer unto thee for all thy Mercys and Benefits from time to time vouchsafed unto me; For my *Health, Peace, Liberty, Freinds*, and all other Blessings of this Life; For *Jesus Christ* the Fountain of all; for his *Conception, Birth, Circumcision*; for his *Baptism, Fasting, Temptation*; for his Holy and most *exemplary Life*; for his bitter, cruel, and yet patient and *Meritorious Death*; for his *Victorious Triumphant Defension into Hell*; for his *Glorious Resurrection and Asension*; for the *Coming of the Holy Ghost, the Eternal Comforter* upon the *Apostles* on the Day of *Pentecost*; And from that time, for the constitution of a *Catholique and Apostolique Church*, which is to *Continue to the end of the World.* and I beseech thee O Lord, Give me that due sense of all thy Mercys.

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cys, that my heart may be unfeignedly thankful; and that I may shew forth thy Praise not only with my Lips but in my life, by giving up my self unto thy service, and by walking before Thee in Holiness and Righteousness all my Days, through Jesus Christ our Lord.
Amen.

ALmighty God, who by thy *Holy Apostle* hast taught us, not only to make Prayers & supplications; but also to *Give thanks* for all men: I offer up unto thee most *high Laud* and *humble thanks* for all thy wonderful *Graces* and *Virtues* which thou hast declared in *And why so? All thy Saints; chiefly in the Glorious* and most *Blessed Virgin* † *MARY*, the *more like* Mother of thy Son *Jesus Christ*; & all others who have *Departed this Life* with *Example* the *Seal of Faith*, and do now rest in the *sleep of* such as were the *Patriarchs, Prophets,* *Apostles, Martyrs & Confessors; Holy* *Virgins, pious Matrons, and *Devout* *Widows, who have washed the feet of* the *Saints: Beseeching Thee, that we* may still continue in their *H. Communion*, & enjoy the comfort thereof while we are on earth, following with a glad will and mind *their* *holy Examples* of godly living and steadfastness in thy Faith; and that at the last Day we with *them,*

for the H. Communion. 47

them; and They with us may attain to the Resurrection of the just, and have our perfect Consummation and Bliss both in Body & Soul in thy eternal and everlasting Glory through Jesus Christ our Lord; to whom with Thee and the Holy Ghost be Ascribed by us, as it is by Angels and Archangels and the whole Company of Heaven, all Honour and Glory, World without end. Amen.

Almighty God; who hast promised to hear the Petitions of them that ask in thy Son's Name; I beseech Thee mercifully to incline thine Ears unto me, now that *in his Name*, I have made my *Prayers and Supplications unto Thee*; and, grant that those things which I have faithfully asked, *according to thy Will*, may effectually be obtain'd to the Relief of my Necessity, and to the setting forth of thy Glory, through Jesus Christ our Lord. *Amen.*

THe Peace of God which passeth all understanding; The Blessing of God Almighty, the Father, the Son, and the Holy Ghost; the virtue of Christ's Blessed Cross and Passion, be with Me now, at the Hour of Death, and in the day of Judgment. *Amen.*

Thus may you end your *Course of Prayers* for every *Friday*, preceding a *Communion-Sunday*. They are such, I think, as may suit your *Leisure and Condition*; if not, you are
D 2 prudent

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prudent enough to leave out, or alter what you see good: I have too all along supposed your *Constitution strong enough* to hold out such a Fast; if your *Health will not bear it*, in God's Name, *Eat*; but, *moderately*, and let your Food be *Mean and Ordinary*; such as a *Crust of Bread*, a little *Wine*, or a *Glass of Small-Beer*, &c. *or whatever y^r Health & Strength require.*

However at *Seven of the Clock* with chearfulness depart your Closet: let not your Behaviour be without *Innocent Alacrity*; but, let your special Care be to comport your self at these your *Fasts*, that they may not (if possible) be taken notice of by any, but your self and God; as being mindful of that Command of our Saviour, *St. Mat. vi. 17, 18. Anoint thy Head, and wash thy Face, that thou appear not unto Men to fast*: Be sure then, to avoid all *Sullenness*, and *Moroseness*; but, give ready and chearful Answers to any that shall demand you.

Thus disposed, you are ready for your *Supper* by *Seven a Clock*, which the present *Custom and Law* of the Church you live in, will not allow to be *Flesh*; but *Fish, Eggs*, or some such thing; whereto, notwithstanding your long *Abstinence*, you must not let loose your *Appetite*; but *Eat more sparingly* than at other times.

Those

for the H. Communion. 49

Those few Hours from Supper, to *Bed-time*, you cannot better bestow than in *Reading*, or *Walking*, and *Meditating* on the particular Exercises of your *Fast*; examining your self, Whither you have been as *Intent*, as *Devout* in the Performance of them as is requisite? And where you have *failed*, heartily *bewail* your self to God, *Resolving* within your self to be *more serious* and *careful* for the Time to come. Be frequent and diligent in looking over your *Accomptal*, observing *every Week* since you last *Communicated*, what your *Carriage* hath been? How you have *amended*, especially in those Particulars, in which you have formerly taken notice of your *Miscarriages*, and *Vowed Reformation*?

Sometime before you retire to your *Evening-Prayers*, Return to your *Closet*; and there let your *Charity* crown your Devotions, [1 Cor. xv. 2.] *Setting apart*, and *Devoting* somewhat unto God of what you have to the *Relief* of his *wanting Servants*; distributing it, when you see *Occasion*: In the mean time, *Separate it* from the rest of your *store*, and ever after look upon it as *Devote*, and *not to be touched*, except to be *dispensed to the Poor*; when you do thus *Consecrate* it unto God, use this, or the like *Ejaculation*;

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St. Luke
xix. viii, **W**Hat I give, O Lord, is of *my*
Own, as thou hast prospered
me; if I have *wronged any One*, I am
ready to restore fourfold.

O Lord, whose is the Earth, and the fulness
thereof; I offer unto Thee, *What by thy Gift*
and Blessing I have, this small Testimony of my
Thank-fulness, to be bestowed on those *Poor*
Christians, whom thy Providence shall give
me opportunity to Releive: Be thou pleased
through the Bloud of my Saviour to accept
it, and pardon all my *vain Expences*. Amen.

Thou art my God; my Goods are nothing
unto Thee; All my Delight is upon the Saints
that are in the Earth, and upon such as excel
in Virtue.

About Ten, or Eleven of the Clock, betake
your self to your ordinary Prayers for the
Evening; which begin, with this Clause,

O Lord, I do again humbly present my self
before Thee; let my Prayers be set forth
in thy sight as *Incense*, and the lifting up of my
hands an *Evening-Sacrifice*, even for Jesus
Christ his sake. Amen.

Our Father, &c.

For thine is the Kingdom, &c.

Then Read a *Psalm*; which conclude with,
Glory be to the Father, &c.

After

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After it, a *Chapter* out of the *New Testament*, at the end of which, *Sing unto the Lord a new Song, &c. Psal. xcvi.*

Or, *God be merciful unto us, &c. Psal. lxxvii;*
Concluding either, with *Glory be to the Father, &c.*

After which devoutly repeat your *Creed*,
I Believe in God, &c.

The Lord be with me ! Amen.

Our Father, &c.

Deliver us from Evil. Amen.

A Lmighty and most merciful Father ; but
a most severe and just Judge, to all Ob-
stinate and Impenitent Sinners ; I acknowledg
and bewail my manifold Sins and Wicked-
ness, which I from time to time, most grie-
vously have committed, in Thought, Word,
and Deed, against thy Divine Majesty : I have
sinned ! And what shall I do unto Thee, O
Thou Preserver of Man ? I have left undone
those things which I ought to have done ; and
I have done those things which I ought not to
have done, and there is no Health in me ! But,
Thou, O Lord, Have Mercy upon me, a most
miserable Offender ! Oh ! Thou, who desirest
not the Death of a Sinner, but, rather that he
should turn from his Wickedness and live,
Have Mercy upon me ; spare and restore me,

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who desire in all humility to confess my Faults, and to be Penitent for them: Have regard to thy Son *Jesus Christ*, who is our *Advocate* with Thee, and the *Propitiation* for all our Sins; for whose sake, Grant me true Repentance, and the Assistance of thy *Holy Spirit*, to please Thee hereafter in all things, to Teach and Enable me to deny all Ungodliness, and Worldly Lusts, and to live Soberly, Godly, and Righteously in this present Evil World, that so at last, I may come to thine Eternal Joy, through *Jesus Christ* our Lord. *Amen.*

A Almighty God our Heavenly Father, who of thy great Mercy, hast promised *Forgiveness of Sins* to all them that with hearty Repentance, and true Faith turn unto Thee, Have Mercy upon me; Pardon and deliver me from all my Sins; confirm and strengthen me in all Goodness; And bring me to Everlasting Life, through *Jesus Christ* our Lord. *Amen.*

A Almighty and Ever-living God, who hast commanded me to Pray for *all Men*; I humbly beseech Thee, most mercifully to receive these my Prayers which I offer unto thy Divine Majesty; beseeching Thee to inspire continually the *Universal Church*, and special-
ly

for the H. Communion. 53

ly that *part of it in these Kingdoms* with the Spirit of Truth, Unity, and Concord: Bless him who is Supreme Governour over it, our most Gracious Sovereign Lord K. *CHARLS*; Treasure up in Him all thy Hidden Blessings, make and keep him a Devoted Servant unto Thee, a Constant Patron of thy Church and Truth; that he may live long, and be full of Honourable Success all his days, in his Person, in his Actions, in his Queen, in the whole Royal Family, in his Servants, in his People; and crowned with Glory after Life: Under him, Bless the whole State Ecclesiastical and Civil; that Righteousness and Peace may kiss each other, and we Serve and Honour Thee for ever. *Amen.*

O Lord, Bless all the Afflicted Members of the Body of thy Son, wheresoever, howsoever distressed: Send them constant Patience, and speedy Deliverance, as seems best to Thee, and is best for them: And do unto them according to all those Mercies, which I would or should desire thou shouldest shew to my own Soul, if at any time Thou shalt be pleased to make my Estate as theirs is at this present; And, O Lord, Be merciful! *Amen.*

Gracious God, Bless all the places to which Thou hast made me have any near Reference,

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ference, every Soul contained in them: All my Friends, Kindred, and Acquaintance; any to whom Thou hast made me any way Beholden, especially my *Father, Mother, &c.* Lord, I beseech Thee, forgive me and them all our sins, and continue us thy Servants, both in Life and Death. *Amen.*

Almighty God, Father of all Mercies, I thine unworthy Servant, do give Thee most humble and hearty thanks for all thy Goodness, and Loving Kindness bestowed on me: Above all, for the *Redemption* of the World by our *LORD JESUS CHRIST*; in Him, for the means of Grace, and for the Hope of Glory: For all the Blessings of this Life; for thy Creating, and for thy Protection of me all my Days; and particularly, that *this Day past* thou hast preserved me in my Health, and assisted me in my Devotions*.

[*or, prospered
me in my Af-
fairs.]

Give me I beseech Thee, a due Sense of these thy Mercies, and Grace and Power to express it by an Obedience to all thy Commandments. Go on to preserve, and take me into thy Protection this night: Lighten my Darkness, O Lord, and by thy great Mercy Defend me from all Perils and Dangers of this night, for the Love of thy only Son Jesus Christ our Lord. *Amen.*

[Sub-

for the H. Communion. 55

[Subjoyne to these, or the like your Ordinary Devotions, the Two Collects for Preparation to the Holy Communion, which are above-written ; as also the Cii. Psalm, Hear my Prayer, O Lord, &c. Glory be to the Father, &c. Concluding all with the aforementioned Benediction.]

THe Lord fulfill all the Desires and Petitions of thy Servant, as may be most expedient for me ! The Lord bless me, and keep me ! the Lord lift up the Light of his Countenance upon me, and give me Peace, both now and for evermore. *Amen.*

AS you Undress your self, consider that the Time is coming, when your Body must return Naked unto the Dust ; and both Soul and Body appear at God's Tribunal, to give an accompt of all Actions done in the Flesh ; In the mean time, you must endeavour to cleanse it by Repentance, that God, who is of more pure Eyes then to behold Iniquity, may behold and accept it.

As you enter into your Bed, Say,

IN the Name of our Lord Jesus Christ, who was Crucified upon his Cross, and laid in his Grave for me, I lay me down to rest : He Bless me ! and keep me ! He save me ! and Raise me up again ! and bring me at last unto Life Eternal ! *Amen.*

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As you betake your self to sleep, Say,
I Will lay me down in Peace, and *take my rest;*
for it is Thou, Lord, only that makest me
dwell in safety. *Amen.*

Have Mercy upon me, O Lord, Now,
and at the Hour of Death! *Amen.*

Preserve me while I am *Waking*, Defend
me while I am *Sleeping*; that my Soul may
continually Watch for Thee, and both Body
and Soul may rest in thy Peace for ever. *A-*
men.

Should you in the Night-time lye
Awake, Say,

O Lord, Thou hast proved and visited my
Heart in the *Night-Season*, thou hast
tried me: O Blessed Father, purge me, that
thou mayest find no wickedness in me, through
Jesus Christ our Lord. *Amen.*

Lord, give me Grace to make hast, and
not to prolong the time to keep thy
Commandments; that I may call my own
ways to Remembrance, and turn my Feet to
thy Testimonies: And then, at *Mid-night* will
I give Thee thanks, because of thy Righte-
ous Judgments, O Lord, my Strength and my
Redeemer. *Amen.*

In case you are not presently disposed to
sleep, devoutly Repeat the Lj. Psalm,
which

for the H. Communion. 57

which to that purpose, you must be careful to get *by heart* :

Have Mercy upon me, O God, &c.

Glory be to the Father, &c.

HAVING thus ordered your *Penitential Devotions* on the *Fryday*; you have the less to do on the *Saturday*, nothing but to guard your self more strictly against *Temptations*, that they prevail not upon you; to which purpose, Be much in *Reading the Scripture*, or some Good Book; particularly *The whole Duty of Man*; the *Third Partition* of it concerns the *Lord's Supper*, which after *Evening-Prayer* read considerately over, applying every *Passage* to your self, as being some way or other concern'd in it.

PART of this Day, you may bestow in *Offices of Charity*: As, *Visiting your sick Freinds*; or *reconciling* your self to any with whom you may have had any *Difference*, as you shall find occasion; or, as you shall be directed by your *Spiritual Guide*.

On *Sunday-Morning* you rise by *Six a Clock*; and subjoyn to your *Morning-Prayers* those *Two Collects for Preparation* above mentioned.

After this consider, How you may with *due Devotion* comport your self at the *Holy Al-*

lar?

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tar? and, what are those particular *Duties* and *Graces* you are there to exercise? You will find an account of them in the *Third Partition* of the *Whole Duty of Man*.

Then examine the State and Temper of your *Heart*; whither it be *Tender*, and affectionately disposed to *Relentings* for your Sins, *Purposes* against them, and a *Resolution* for a Holy Life? To humble *Reliances*, and trust on God in our *Saviour's Blood* for Pardon? To *Spiritual Joy and Thankfulness*? To *Good Will* towards all men? To *Charity*, and *Liberality*? and the like: Otherwise, have an *Heartly Desire*, and use your utmost endeavour, which will be accepted, to bring it to such a *Disposition*.

If after all this be done, you have any *Spare-Minutes* before *Church*, or *Chappel-Time*; you would do well to bestow them in Reading over the *Communion-Service*; by which means you will be able with *more Readiness* and *Devotion*, to go along with the *Priest* in the *Publicque Ministration* of it.

About an *Hour* before you go forth, Review the *Accompt* of your sins, noted in your *Paper*; let your *Heart* go along with the *Reading* of them, *Sorrowing* for them, and *Resolving* against them.

After this, humbly *Kneel*, and Repeat the
Ll. Psalm. *Have*

For the h. Communion. 59

Have Mercy upon me; &c.

Glory be to the Father, &c.

Then these following Collects; or as many of them, as you have Time for.

1. **O** *Blessed Jesu*, who didst take upon Thee *our Nature*, and suffer Death upon the *Cross* for our *Redemption*; and hast commanded us to *continue the Memory* of this thy precious *Death*, till thy *Coming again*; Oh! Let not the inestimable Benefits of it be frustrated by my manifold and grievous sins; But, inspire my Soul with those Graces which may qualifie me to Receive them tendered unto me in *this Blessed Sacrament*. O Lord, Thou seest that I have no power of my self to help my self! Oh! Let the pittifulness of thy great Mercy loose me from the Chains of those sins where-with I am tied and bound; that being thus set at Liberty, I may here with Chearfulness run the ways of thy Commandments and hereafter enter into thy Joy, O Blessed Saviour and Redeemer. *Amen.*

2. Thou O God, and Saviour, knowest how vile I am, and with what Eagerness I have pursued the Paths that lead unto Everlasting Death! How often hath *this Feast* been prepared, I lovingly *Bidd*, and called thereto; but,

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but have with frivolous Excuses absented my self? Or, if I have come; I have brought such *Troops* of thy professed Enemies, *Un-repent-ed Sins*, along with me, as if, I came not to adore, but to defie Thee; not to Commemorate, but to Renew thy Passion! I am not worthy, O Lord! I am not worthy to come into thy presence; much less, to *eat the Flesh* of the Sacrificed Lamb: For, my sins, O *Blessed Jesu*, went along in Confederation with the *High Priests*, in Treachery with *Judas*, in Injustice with *Pilate*, in Malice and Cruelty with the *People*; Oh! what punishment then shall I be thought worthy of, who have thus trampled under foot the *Son of God*, and counted the *Bloud of the Covenant* an Unholy Thing? Where shall I vile Wretch appear, who have put my LORD to Death! Who have crucified to my self the SON of GOD afresh, and put *thee* to an open shame! Where should I appear, but before my *Saviour*, who hath loved, and dyed for me, though I have hated, and Murthered him? Thy Bloud, O *Jesu*, is my only Refuge! Oh! Let the Cry of it speak on my Behalf; and may it speak better things than the Bloud of *Abel*! Be merciful unto me, O *God*, be merciful unto me, for my Soul trusteth in Thee; and in the *clefts of thy Wounds* shall be my Refuge until thy Fa-
ther's

for the H. Communion: 61

ther's Indignation be overpast ! Oh Blessed *Advocate* and *Mediatour* Intercede for me with thy *Father* and ours, thy God and ours ; and grant, that by the Grace which thou hast found, by the prerogative which thou hast deserved, by the mercy which thou hast purchased for me, as thou hast been partaker of my sufferings and Infirmities, so I by thy Death and Resurrection and by thy infinite gracious Intercession may be made partaker of thy Holyness, and thy glory, even for thy own Merits sake. *Amen.* x

3. O Lord, who hast promised, that if I open my mouth wide, Thou wilt fill it ; I pray thee, *to open it* ; and, not my mouth only, but my heart also : Oh ! Create in thy servant a great hunger, and thirst after the things of thy Kingdom and the righteousness of it ; after all thy holy graces and all the holy ministrys of Grace ; that I may long for the Bread of Heaven, thirst after the fountain of Salvation, and as the Hart panteth after the water-Brooks, so my soul may desire Thee, O Lord : Oh ! Kindle such an holy flame in my Soul, that it may consume all my sins and cursed affections, that I may never again defile the place which thou hast chosen for thy Temple. Thou diedst, O Dear *Jesu*, to redeem me from all iniquity ; Oh ! let me not again

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fell my self, to work wickedness: I am a sinner, a Greivous one, not worthy to look up to heaven; But be thou pleased to look down into the Dust, and lift up a Sinner from the Dunghil; Let me not perish in my folly, or be consumed in thy heavy displeasure; Give me time and Space to repent; and give me powers of Grace, that as by thy Holy Inspiration I doe Sincerely & fixedly resolve on an intire Reformation, So by thy mercifull Guidance I may faithfully perform the same.

Amen.

+ O Thou Great *Physitian* of Souls; Heal me of those many, and foul Diseases which my Soul groans under; Grant that I may now so *Touch* thee that every one of those loath-some *issues* may immediately stanch, that these sicknesses may not be unto Death; but to the Glory of thy mercy in pardoning, to the glory of thy Grace in purifying so polluted a wretch. *Oh Christ hear me!* Inspire me with an holy *Zeal* to mortifie my sins, support me with an Holy *Hope*, confirm me with an excellent and unreprouceable *Faith*, and inkindle in me a never failing *Charity*: Let me judg my self, that I be not judged by thee; condemn my self, that I be not condemned with the world: But, Receiving this *Holy Sacrament* with a penitent heart,
and

for the H. Communion. 63

and a lively Faith, I may partake the great benefits of it; I may dwell in Christ, and Christ in me; I may be one with Christ, and Christ with me: The Lord be mercifull unto me, and grant this for his own Bowells and Compassions sake. *Amen.*

Then these Collects of Intercession.

Mercifull God, who hast made all men, and wouldst not the Death of a sinner, but rather that he should Turn from his wickedness and live; to which purpose, Thou hast sent thy Son out of thy Bosome to suffer death upon the Cross for our Redemption: look down in mercy and pity upon *Poor Mankind* whose portion is folly and misery, shame, and Death: Bring all sinners to Repentance: enlighten all that sit in darkness; all *Jewes, Turks, Infidels, Hereticks and Schismaticks*; Take from them all blindness, hardness of heart, and contempt of thy word and Commandment; so fetch them home, blessed Lord, unto thy fold, that they may be saved among the remnant of the true *Israelites*, and be made One Fold under one Shepherd, Jesus Christ our Lord. *Amen.*

Gracious Lord, I doe more especially humbly present to thy divine Majesty this Glorious sacrifice which thy blessed Son made upon the Cross, in the behalf of all Christians through-

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out the World: give unto them all, O God, a portion of all the good Prayers which are made in heaven and earth, the *Intercession* of our Lord, and the supplications of all thy servants. Oh! Let us walk worthy of that Holy vocation wherewith we are called; let us who name the name of Christ depart from iniquity; and Unite us in the bonds of the *Common Faith*, and an holy Charity, that no interests or partialitys, no sects or opinions may keep us any longer in darkness and division; But that we may with one mind, and one mouth Glorify thee, the Father of our Lord Jesus Christ. *Amen*

O Father of Mercys, Be mercifull to this *Miserably Divided Church* in which we live; according to all thy righteousness, let thine anger be turned away from us; let Religion and virtue season all sorts of men therein; Forgive us all our sins; Turn thee unto us and bless us, that the world may say, Blessed is this, people whose God is the Lord *Jehovah*, and Blessed are the folk whom he hath chosen to him to be his Inheritance. Oh! Lord, Hear, and cause thy Face to shine upon this thy Sanctuary which is thus Sadly desolate for the Lords sake. *Amen*.

O King of Kings, and Lord of Lords, give
I Pray thee the Spirit of Government and
Holiness

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Holiness to all Christian Kings, Princes and Governors; especially to thy Servant *CHARLES* our King; Grant that his people may obey him, and he may obey thee, and live in honesty and peace, justice and holy Religion, being a *Nursing Father* to the Church, an Advocate for the oppressed, a Patron for the Widdows, and a Sanctuary for the miserable and Fatherless, that he may Raige with thee forever in the Kingdom of the Lord Jesus Christ. *Amen.*

O Thou Fountain of all Goodness, be pleased to bless and protect our Gracious Queen *CATHERINE*; *JAMES* Duke of York, and all the *Royal Family*; endue them with all Heavenly Graces answerable to their *Births*; make them Instruments of thy Glory here, and partakers of thy Glory hereafter *Amen.*

O God, who alone doest great wonders; Be Gracious unto all those, who wait at thine *Altar*; the *Bishops*, and all the *Clergy*: Open thou their Lips, that their Mouths may shew forth thy praise; Inspire them with holiness, and diligence to preach and declare thy will by a Good Life, and wise Discourses, that they may minister to the good of Souls, and find a glorious reward in the Day of the Lord Jesus. *Amen.*

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O Mercifull God ; Be mercifull in Succouring all that are in affliction ; Deliver the out-cast and poor ; Help them to right that Suffer wrong ; let the sorrowful sighing of the prisoners come before thee, and according to the Greatness of thy power, preserve thou those that are appointed to dye ; Be mercifull unto all who are just now breathing out their last ; Grant ease to those that are in pain, Supply to those that Suffer want : and, To all wicked persons give thy Grace, that they may Speedily repent, and Live well, and be saved through the merits of Jesus Christ. *Amen.*

HAve mercy, and pour down thy Blessings, **O** God, upon my *Father, Mother, and all other my Relations, Friends, & Benefactors* : Grant unto them whatsoever they want, or wisely and holily desire ; Keep them forever in thy fear and favour ; and let their portion be in the Blessing, and in the Service, in the love, and in the Kingdom of God, for ever and ever. *Amen.*

O Lord, I beseech thee, forgive my Enemies all their sins against thee, and me ; and, give me that measure of thy Grace, that for their hatred, I may love them ; for their Cursing, I may bless them ; for their injuryes I may do them good ; and for their persecution,

for the h. Communion. 67

I may pray for them. Lord, I pray for them;
Forgive them, for they know not what they do.
Amen.

Finally, O Lord, I pray thee, for all those
who shall this day be *my Companions* at the *Al-*
tar; and for all others who do now *Communicate*
in any part of *Christendom*; that through this
blood of the Cross, we may all be cleansed from
our sins, and be presented pure and unblamea-
ble, & unreprieveable in thy sight; for the sake of
Jesus Christ, whom I adore, whom I love, and
desire I may still more and more love, and love
for ever. *Amen. Amen.*

Our Father which art in Heaven, &c.

But deliver us from Evil. Amen.

The Lord bless and preserve me in *my going*
out, and *my coming in*; from this time forth,
for evermore. *Amen.*

Having thus finished your *Closet-Devotions*,
you go forth to the *Church* or *Chappel*, *Fasting*,
that so a Portion from Gods Table may be the
first Morsel; and remember to take something
out of your *Store* to present at the *Offertory*.

When you enter into the *Church*, kneel and
pray.

Our Father which art in Heaven, &c.

For thine is the Kingdom, &c.

Lord, I have loved the *Habitation* of thy
House, and the place where thine honour dwell-

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eth. I will wash my hands in Innocency,
O Lord, and so will I go to thine *Altar*.

Having seated your self, turn to the *Psalms*,
and *Lessons*, *Epistle* and *Gospel* for the day, that
you may more freely attend the *Priest* in read-
ing them.

Sermon ended, you go up to the *Altar*, and
prostrate before it, say,

Thou art worthy. O Lord, to receive glory
and honour, and power; for thou hast created
all things, and for thy wills sake they are, and
were created.

Blessing, and glory, and wisdom, and thanks,
and honour, and power be unto our God, and
unto the Lamb for evermore. *Amen*.

Then whilst *Others* are coming up, and the
Priest preparing to read the *Sentences*,
pray,

A Almighty Lord, who hast of thine infinite
mercies vouchsaf'd to ordain *this Sacra-*
ment for a perpetual memory of that *blest* *Sa-*
cristice, which once thou madest for us upon the
Cross; grant me with such diligent remem-
brance, and such due reverence, to participate
of this so holy and wonderful a mystery, that I
may be made worthy by thy grace to obtain the
virtue and fruits of the same, with all the bene-
fits of thy precious death and passion, even the
Remission of all my sins, and the fulness of all
thy

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thy graces, which I beg for thy only merits, who art my only Saviour, God from everlasting, and world without end, *Amen.*

O Lord, our Heavenly Father, Almighty and everlasting God, regard, we beseech thee, the devotions of thy humble Servants, who do now celebrate the *Memorial* which thy Son our Saviour hath commanded to be made in remembrance of his most blessed *Passion* and *Sacrifice*; that by the merits and power thereof, now represented before thy divine Majesty, we, and all thy *whole Church* may be made partakers of all other the benefits of his most precious Death and *Passion*, together with his mighty Resurrection from the earth, and glorious Ascension into Heaven, who liveth and reigneth with thee, and the holy Spirit, ever one God, world without end. *Amen.*

BE pleased, O God, to accept this our bounden duty & service; and command that the prayers and supplications, together with the Remembrance of Christs *Passion*, which we do now offer up unto thee, may by the *ministry of thy holy Angels* be brought up into thy Heavenly Tabernacle; and that thou not weighing our merits, but looking upon the blessed *Sacrifice* of our Saviour, which was once fully and perfectly made for us all, may'st pardon our offences, and replenish us with thy grace

afflicted in Resemblance of that Church &c

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and heavenly benediction, through Jesus Christ our Lord. *Amen.*

Whilst upon your *Knees* you cast in your *Offering*; stop, and say,

Blessed Jesu, who did'st accept the poor *Widdows two Mites*; be pleased graciously to accept this from thy unworthy *Servant. Amen.*

The Prayers beginning again, you must joyn with the Congregation; and heeding every passage, let your heart goe along with it: keep your mind attentive, not only to the words and substance of the prayers and exhortations, but also to every passage, and particular *Ceremony* in the *Consecration*; for as much as *all of them* have their *meaning* and *reason*.

Observe the *Priest* then *breaking the Bread*; and remember how Christs *B. Body* was tor'n with *nails* upon the *Cross*: Observe him *pouring out the Wine*; and remember how his precious *Blood* was *spilt* likewise; and then, consider they were your sins which caused both; which should work in you a great sorrow for them, and then a great hatred, and a firm resolution against them; and withal, ingage you to thankfulness and love, resolving to express it by an *Universal obedience* in your *Conversation. Again,*

Observe

for the B. Communion. 71

Observe the People too, taking and eating the Bread; Taking and Drinking the Wine; for it signifies their particular *laying hold on Christ by Trust and Faith*; their flying to, and apprehending him, as the means of their Salvation, and the pardon of their sins tender'd to them in this B. Sacrament.

When you have *thus meditated*; If you have time, while the Priest, and others are *Communicating*, use these or the like heavenly *Aspirations*.

I am now before the Altar of God, even the God of my joy and gladness.

I will offer *Thanksgiving* unto my God, and pay my Vows unto the most Highest.

O Lamb of God, that takest away the sins of the World, *Grant me thy Peace!*

O Lamb of God, that takest away the sins of the World, Have mercy upon me!

Grant me, Gracious Lord, so to eat the *Flesh* of thy Son, and to drink his *Blood*, that my sinful *Body* may be made clean by his *Body*, and my *Soul* washed through his most precious *Blood*. Amen.

O Lord, I am not worthy, not fit that thou should'st come under the filthy *Roofe* of the house of my Soul, because it is wholly desolate and ruinous; neither hast thou with me a fit place where to lay thy head: But, as thou did'st

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did'st vouchsafe to be laid in a *Stable* and *Manger* of unreasonable Beasts ; as *thou* did'st not disdain to be entertain'd even in the house of *SIMON* the Leper ; As *thou* did'st not reject the *Harlot*, a sinner like unto me, coming unto *thee*, and touching *thee* ; As *thou* did'st not abhor *her* foul and prophane mouth ; Nor yet the *Thief* on the Cross confessing *thee* : Even so vouchsafe to admit *me* also, an over-wor'n, miserable, and out of measure sinful Creature, to the Receiving and Communicating of the most pure, quick'ning, and saving mysteries of *thy* most holy Body, and precious Blood. Amen.

O Lord God, how I receive the *Body* and *Blood* of my most blessed Saviour *Jesus* Christ, the price of my Redemption, is the very wonder of my Soul ! yet, my most firm and constant belief upon the words of my Saviour. At this time they are graciously tend'red to me, and my Faith : Lord, make me a worthy Receiver, and a Partaker of all the benefits of this B. Sacrament. Amen.

Thou hast said, that he that eateth thy *Flesh*, and drinketh thy *Blood*, hath *Eternal Life*. Behold the Servant of the Lord, be it unto me according to thy Word !

Whilst you eat it, say,
By thy Crucified Body deliver me from this
Body of Death. After

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After *Receiving*,

By thine *Agony* and *Bloody sweat*, by thy
Cross and *Passion*, Good Lord deliver
me!

I have *sworn*, and am *stedfastly purposed* to
keep thy *Righteous Judgments*.

O hold thou up my goings in thy *Paths*,
that my footsteps slip not.

At the *Receiving* of the *Cup*, say,

What reward shall I give unto the Lord for
all the benefits that he hath done unto me? I
will take the *Cup of Salvation*, and call upon
the name of the Lord.

After you have *Received* it, say,

O my God, thou art true and holy! O
my Soul, thou art blessed and happy!

Oh the depth of the *Wisdom* and *Knowledge*
of God! how incomprehensible are his judg-
ments, and his ways past finding out!

Praise the Lord, O my Soul, and all that is
within me praise his Holy Name, who saveth
thy Life from Destruction, and feedeth thee
with the Bread of Heaven!

Glory be to God on high, and on Earth
Peace, good Will towards Men. I worship
thee, O Lord, and I magnifie thy Name for-
ever, who hast vouchsafed to fill my Soul with
gladness, and to feed me with the *Heavenly*
Mysteries of Christ's sacred Body and Blood,
hum-

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humbly beseeching thee, that from henceforth I may walk in good Works, and serve thee in Holiness and Pureness of Living, to the Honour of thy Name. *Amen.*

Most Blessed Redeemer, I do truly believe, that thy *Body* was crucified, and thy *Bloud* was shed out of thy *Body*, as verily as I have received this *Bread*, and this *Wine* set apart from the *Bread*: and that for the *Remission* of my sins, as well as any others: And I do also believe, that with this *Bread* and *Wine*, I have really and spiritually received thy precious *Body* and *Bloud*, whereby my sins are fully washed away, and my Soul purified, and refresh'd: This, O Lord, I believe, help thou my *Unbelief*! *Amen.*

Whilst others are Communicating; Meditate, and Say,

Happy are those *Servants*, whom, when their Lord cometh, he shall find thus doing.

Know yee not, that ye are the *Temple* of God, and that the Spirit of God dwelleth in you? If any one defile the *Temple* of God, him will God destroy.

Behold, thou art made whole, sin no more, lest a worse thing happen unto thee!

for the H. Communion. 75

The hour cometh, and now it is that the true Worshippers shall worship the Father in Spirit and in Truth.

Be we followers of God, as dear Children, and walk in love as Christ loved us, and gave himself an *Offering* and a *Sacrifice* of a sweet favour unto God for us.

At the end of the Communion, say,

To the King Eternal, the Immortal, Invisible and only Wise God, the *ever blessed Trinity*, be all honour, and glory, now and for evermore. *Amen.*

Arising and making your Reverence towards the Altar, you depart with a glad heart, and a cheerful countenance; preserve good thoughts in your mind; yet be not sullen or morose; but salute any of your Christian Brethren, you meet with.

As soon as you come home, retire into your *Closet*, and bless God with *these Collects of Thanksgiving.*

X

ALmighty God, the Fountain of all goodness, from whom every good and perfect gift proceedeth; and to whom all glory and honour should be returned: I do desire most heartily to *thank thee*, for that thou hast vouchsafed to feed me, who have received these *holy mysteries* with the *spiritual food* of the most precious *Body and Blood* of thy Son our Saviour
Jesus

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Jesus Christ; and doſt assure me thereby of thy favour and goodness towards me, and that I am a *very member incorporate* in the *mystical Body* of thy Son, which is the *blessed Company* of all *Faithful people*; and am also an Heir through hope of thine everlasting Kingdom, by the merits of the most precious Death and Passion of thy dear Son. Oh the height and depth of that unspeakable mercy of thine, who art pleased to admit me a sinful wretch to have any part in those inestimable benefits, which I have so often despis'd and trampled under foot! I am not worthy, O Lord, of that *daily Bread*, which sustains the body; but thou hast made me partaker of that *living Bread* which came down from Heaven; which nourisheth the Soul; and, of which whosoever eateth, shall live for ever. O grant that my Soul may relish this divine food with spiritual ravishments, and love great as the flame of *Cherubims*; and grant, that what thou hast given me for the *Remission of my sins*, may not by any fault become the increase of them; that this *holy Communion* prove not unto me, unto Judgment and Condemnation, but may support and preserve me in every temptation, rejoyce and quiet me in every trouble, enlighten and strengthen me in every good word and work; comfort and defend me in the hour of my death against all oppositi-

for the H. Communion. 77

positions of the Spirits of darkness, and further me in the attainment of everlasting Salvation, through Jesus Christ. *Amen.*

Most holy God, who art of purer eyes than to behold iniquity; grant, I pray thee, that no unclean thing may be in me, who have now *Received Thee* into my heart and soul; but *let this Blood* of Christ, who through the *Eternal Spirit*, offered himself without spot to thee, purge my Conscience from dead works to serve thee the living God; give me grace, that from henceforth I put off concerning my former Conversation *the Old man*; which is corrupt, according to the deceitful Lusts, and be renewed in the spirit of my mind: And that I put on the *New Man*, which after thee is created in Righteousness and true Holiness; to which purpose be pleased to watch over me for good, to keep me both outwardly in my Body, and inwardly in my Soul: O God, thou seest that I have no power of my self to help my self; thou knowest me also to be set in the midst of so many and great dangers, that by reason of the *frailty of my Nature*, I cannot always stand upright; grant to me such strength and protection, as may support me in all dangers, and carry me through all temptations, through Jesus Christ our Lord. *Amen.*

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O Thou, with whom is no variableness, nor shadow of turning, let thy holy Spirit direct me in all things, let thy grace always prevent and follow me, and preserve me against all assaults of my spiritual enemys, especially of *my own treacherous heart*, which is deceitful above all things, wicked, *desperately wicked*, O Lord, thou knowest it : how often hath it betray'd me to the breach of thy holy Laws, to the violation of all these Vows and Promises which I have made to thee? How often have I turned my back in the day of battle? O let me no more thus start aside like a broken bow, but be stedfast, unmoveable, always abounding in the work of the Lord, resisting the Devill that he may flee from me, subduing my flesh and bringing it into subjection, Cru-
fying and overcoming the World. And therefore let *those solemn Vows*, which I have now made to forsake my sins, never depart from my mind; but let the remembrance of them excite me to fight manfully under thy Banner, and continue thy faithful Servant and Souldier unto my Life's end. *Amen.*

O Lord, I do here humbly present unto thee my *Soul* and *Body* to be a living, holy, and *reasonable Sacrifice* unto thee; I beseech thee, sanctifie my *Body*, that from a polluted *Dunghil*, it may become the *Temple of God*:

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God: Sanctify my *Soul*, and receive it for thy dwelling place, the seat of thy Spirit, and an house of Prayer and Holy Meditations: Sanctifie me *throughout*, that both my *Body*, *Soul*, and *Spirit*, may be preserved blameless unto the coming of our Lord Jesus Christ, to whom with thee, O Father, and the Holy Ghost, be all honour and glory, world without end. *Amen.*

THus have you closed your *Communion-Devotions*; It only remains, that you bestow the greatest part of the *Afternoon* in *Reading, Praying, Meditating, good Conferences*, and the like: and when your Condition calls you to your *usual Converses*, you are still to remember, you have a great business which lies upon your hands, which is the performance of those promises you have now made to God; to which purpose frequently recollect them to mind, and let the remembrance of them be your refuge against all temptations to your old sins, whenever they assault you; knowing, what a grievous thing it is to break that *Vow* which you have seal'd in your Saviours Blood, & to have that *Blood* (through which only you can have pardon) to witness against you, which God forbid.

To your *Evening Prayers*, that *Sunday night* immediately before the *Blessing*, subjoyn this *Collect*.

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O Blessed JESUS, who hast this day made me a *Partaker* of thy *blessed Body and Blood*; thy *Mercy* hath given it, and my *Faith* hath *received* it into my Soul: O let me ever feel the happy virtue and effects of it: Put thy fear into my heart, to *keep those Vows and Promises* which I have on this solemnity tendred unto thee in my mind, that I may not sin against thee; enrich me with all those graces which come from this *precious Body and Blood*, and hereafter bring me to thy everlasting glory, for thy merits and mercies sake. *Amen.*

THUS not to detain you longer, I have recommended to you the aforesaid Devotions to be us'd on the *Friday* in *every moneth*, which precedes a *Communion*, (especially the *Fridays* before the three solemn times which our Church hath Consecrated to this Blessed purpose, *Christmas, Easter, and Whit-Sunday,*) supposing, that your *health* and *important occasions* will permit it, otherwise you are not tyed to the *strictness* of them, though you are oblig'd to *receive this Sacrament*, whensoever an opportunity offers it self.

To capacitate you for a *worthy Communion* thereof at *all times*; I do lastly, and heartily advise you to maintain a constant course of *daily Prayers* at *Morning* and *Evening* throughout the year; every *Night* recalling the *Acti-*

ons

For the H. Communion. 81

ous of the past-day, and repenting for the sins of it; the practice whereof will fit you for the Communion at any time, when 'tis occasionally tendered to you; I mean, when you are suddenly call'd to *Communicate* with a dying person; or come accidentally into a Congregation, where 'tis to be received, and all fit Guests are invited to it; in those cases, you are by no means to turn your back upon it; but, bestowing that little time which is before you in *Recollecting*, *Repenting*, *Exerting* your Faith, Love, Thankfulness, &c. Omitting nothing of the strictness which is required in the *Act* of *Receiving*, and performing afterwards to your power what you secretly promis'd; receive it with the rest in the name of God, beginning with the *Prayers* afore mentioned, [page 68.] which are to be said whil'st the *Priest* is preparing to read the *Sentences*.

Almighty God, who hast of thine infinite mercies vouchsaf'd, &c.

But this I advise, on supposal you carry about with you such an habitual preparation, which is acquired by keeping a strict course of daily private Devotions, otherwise you sin sadly. However, be careful to *Communicate*, whenever you are solemnly invited to it, i. e.

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every month, or oftner, and with due remembrance of him, whose death you do hereby shew forth till he come.

God Almighty make you a worthy participant of his Body and Blood here; that you may for ever enjoy Him hereafter.

Amen.

Col-

for the H. Communion. 83



Collects for particular Graces.

For *Faith*.

ALmighty God, whom without *Faith*, it is impossible to please; grant me, I beseech thee, so perfectly to *believe* in thy Son Jesus Christ, that my *Faith* in thy sight may never be reprov'd; and being called to the knowledg of thy Grace, and *Faith* in thee, and admitted into the *fellowship of Christs Religion*, I may eschew those things which are contrary to my Profession, and follow all such things as are agreeable to the same, through Jesus Christ our Lord. *Amen*.

For *Hope*.

BLessed Lord, who hast caused all *Holy Scriptures* to be written for our learning; grant that I may in such wise *hear* them, *read*, *mark*, *learn*, and inwardly *digest* them, that by *Patience* and *Comfort* of thy *Holy Word*, I may embrace, and ever hold fast the *blessed hope* of everlasting life, which thou hast given

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us in our Saviour Jesus Christ; and that I may therefore purifie my self, even as he is pure, that when he shall appear again with power and great glory, I may be made like him in his Eternal and glorious Kingdom. where with thee, O Father, and thee, O Holy Ghost, he liveth and reigneth ever one God, World without end. *Amen.*

For the Love of God.

O God, who hast prepared for them that *Love thee* such good things as pass mans understanding, pour into my heart such *Love towards thee*, that I *Loving thee* above all things may obtain thy promises which exceed all that I can desire, through Jesus Christ our Lord, *Amen.*

For Charlty.

O Lord, who hast taught me that all our doings *Without Charity* are nothing worth; send thy *Holy Ghost* and pour into my heart that most excellent gift of *Charity* the very bond of peace and of all virtues, without which whosoever liveth is counted dead before thee. Grant this for thine only Son Jesus Christ's sake. *Amen.*

For

for the H. Communion. 85

For Chastity.

O Holy Jesus who wert concieved in the womb of a *Virgin*, I beseech thee, grant thy servant grace to withstand all temptations of the *flesh*, and with a pure and clean heart to follow thee the only God, through Jesus Christ our Lord. *Amen.*

For Contrition.

Almighty and everlasting God, who hatest nothing that thou hast made and do'st forgive the sins of all them that are *penitent*: Create and make in me a *new* and *Contrite Heart*, that I worthily *Lamenting my sins* and *acknowledging my Wretchedness* may obtain of thee the God of all mercy, perfect *Remission* and *Forgiveness*, through Jesus Christ our Lord. *Amen.*

For Devotion,

Most great God. who hast not only *Permitted* but *invited* us *needy and miserable Creatures* to present our *petitions* to thee; O let me set a true *value* on this most *invaluable Priviledge*. I come unto thee, O Lord, as a
Worm

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*Worm to my Sovereign Maker ; I come as an
 Hanious Offender to a just and Severe Jndg ;
 let, I pray thee, mine addresses to thine house be
 with a Reverence some way answerable to thine
 Awfull Majesty ; give me an hearty desire to
 pray, and such a Pure Intention and Fixedness
 of Mind upon thee that I may no more incurre
 the guilt of drawing near to thee with my
 Lips when my Heart is far from thee, but may
 so aske that I may recieve, seek that I may find,
 knock that it may be opened unto me ; that so
 from praying to thee here, I may be transla-
 ted to the praising thee eternally in thy glory,
 through Jesus Christ our Lord. Amen.*

For the Fear of God.

Most great God, who only art high and
 to be fear'd, O put thy *fear* into my
 heart, that I may not sin against thee ; let me
 never so misplace my *Fear* as to be *affraid* of
 man whose breath is in his Nostrills, but fill
 me, O Lord, with the Spirit of thy holy *Fear*,
 which is the beginning of Wisdom, and let it
 preserve me in a perpetuall conformity to thy
 will in all things, through Jesus Christ our
 Lord. Amen.

For Contentedness.

O God Heavenly Father, who by thy Son
 Jesus Christ hast promised to all them
 that seek thy Kingdom and the righteousness
 there.

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theteof all things necessary to their bodily sustentance; keep me, I beseech thee, under the protection of thy good providence, and learn me, in whatsoever state I am, therewith to be *Content*; grant me grace to forsake all *Covetous desires* and *Inordinate love of Riches*, and so to pass through things *Temporal* that I finally loose not the things *eternall*, but that among all the sundry and manifold changes of the world, my heart may surely there be fixed, where true joys are to be found, through Jesus Christ our Lord. *Amen.*

For Diligence.

O Lord, who in thy holy Gospel didst sentence the *Slothfull* and *unprofitable Servant* to be cast into outer darkness; grant that I may not stand here *all the day idle*, but may give all *Diligence* to make my calling and *Election* sure; make me in some measure *usefull* to my self and others both as to *This*, and a *better life*. O let me never lay mine eyes to sleep nor mine eye-lids to slumber, but learn and labour to get *my own living*, and to do my duty in that State of life, whereto it hath pleased thee to call me, through Jesus Christ our Lord. *Amen.*

For

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For Humility.

Almighty God, who resistest the *Proud* and givest grace to the *Humble*; mercifully grant, that I may follow the example of the great *Humility* of thy Blessed Son, who did *humble* himself to take upon him our flesh and to Suffer death upon the Cross; Convince me that I am less then the least of all thy mercys, that as I am vile in my self, so let me be vile in mine own eyes, and may therefore esteem every man better then my Self. Grant this, O Father, for thy Son Jesus Christ's sake. *Amen-*

For Justice.

O Thou King of *Righteousness*, who lovest *righteousness* and art mighty to save; give me grace to obtain this love of thine by cleansing my heart & hands from all *fraud and injustice*; O grant that I may most strictly observe that sacred Rule of Doing unto all men as I would they should doe unto me; that I hurt no body in word or deed, but be *true and just* in all my dealings, that so keeping *innocency* and taking heed unto the thing that is *right*, I may have peace at the last, even peace

for the H. Communion. 89

peace with Thee, Through Jesus Christ our Lord. *Amen.*

For *Meekness.*

A Lmighty God, who hast given thine only Son to be unto us both a *Sacrifice* for sin, and also an ensample of Godly life; give me grace to learn of him who was *meek and lowly* of heart to put on bowels of *mercy, meekness, and long-suffering*; to be so far from offering the least injury, that I may never *return the greatest*: And grant I beseech thee, that the course of this World may be so peaceably ordered by thy Governance, that I may joyfully serve thee in all *Godly quietness*, through Jesus Christ our Lord. *Amen.*

For *Sincerity.*

O Holy Lord, who searchest the heart, and tryest the reins, try me, I beseech thee, and seek the ground of my heart; purge it from all *hypocrisie*, and suffer not any a cursed thing to lurk within me; give me *truth* in the inward parts, to be *pure in heart*, that I may be qualified to see thee in thy Kingdom, through Jesus Christ our Lord. *Amen.*

For

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For Temperance.

GRacious Lord, who refreshest us with thy good Creatures, and art the Author of all the good things which we do enjoy; give me grace I pray thee to use them with *thankfulness and moderation*; let me never be overcharged with *Surfeiting and Drunkenness*, nor my *Table* be ever made a snare unto me; but may so eat and drink, that my flesh may be subdued to the Spirit, and I may ever obey thy godly motions in Righteousness and true Holiness, to thy honour, and glory, through Jesus Christ our Lord. *Amen.*

For *Thankfulness.*

GRacious God, who hast taught me, that it is a joyful and pleasant thing to be *thankful*; suffer me not I beseech thee to loose my part in that divine pleasure, but make me truly and unfeignedly *thankful* unto thee for all thy mercies; let thy mercies lead me to Repentance, and give me grace to improve them all to the advancement of thy glory, and the furtherance of my Salvation, through Jesus Christ our Lord. *Amen.*

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For *Trust* in God.

O God, who never failest to help and govern them, whom thou do'st bring up in thy stedfast fear and love; Grant I pray thee that I may *lean* only upon the *Hope* of thy Heavenly grace, and in all my troubles put my *whole trust and confidence* in thy mercy, casting all my *care* upon thee, and being *careful for nothing*, but to keep thy testimony's, and think upon thy Commandments to do them. Grant this, O Father, for Jesus Christ his sake. *Amen.*

For *Perseverance*.

O Lord, raise up I pray thee thy power, and come among us, and with great might succour me; that whereas through my sins and wickedness, I am sore let and hindred in running the Race that is set before me; thy bountiful grace and mercy may help and strengthen me to hold out unto the end, that so I may be saved; to be faithful unto death, that I may receive a Crown of life; nourish me, I pray thee, with all goodness, and of thy great mercy keep me in the same, through Jesus Christ our Lord. *Amen.*

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